

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2024-10-12
Miejsce: Szklarska Poręba
Dystans: 15 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	KOZŁOWICZ Tomasz	1631	OBORYGENI	M30	1	00:34:06	01:04:48.30	01:04:49.75		4:19	13.9 (100%)
2	ROGALA Patryk	1589		M30	2	00:35:47	01:09:34.75	01:09:36.55	+00:04:46 (6.9%)	4:38	12.9 (92.8%)
3	SZCZEPANIAK Witold	1443		M40	1	00:37:40	01:12:07.85	01:12:10.55	+00:07:20 (10.2%)	4:48	12.5 (89.9%)
4	GÓRAK Przemysław	1626	BLACK HAT PRO	M40	2	00:38:34	01:13:02.50	01:13:03.95	+00:08:14 (11.3%)	4:52	12.3 (88.5%)
5	GĄSIOROWSKI Jarek	1636		M30	3	00:38:43	01:13:22.10	01:13:24.65	+00:08:34 (11.7%)	4:53	12.3 (88.5%)
6	POPIÓŁ Mateusz	1629		M40	3	00:38:16	01:14:14.05	01:14:17.50	+00:09:27 (12.7%)	4:56	12.1 (87.1%)
7	ŻURAW Wiktor	1601		M20	1	00:39:28	01:14:19.50	01:14:21.75	+00:09:32 (12.8%)	4:57	12.1 (87.1%)
8	WŁODARCZYK Jarosław	1596	KRUCZKOWSKITEAM/KOWARY BIEGAJĄ	M40	4	00:37:49	01:14:58.35	01:15:01.25	+00:10:11 (13.6%)	4:59	12 (86.3%)
9	DYCKOWSKI Łukasz	1637		M20	2	00:39:02	01:15:55.65	01:15:58.65	+00:11:08 (14.7%)	5:03	11.9 (85.6%)
10	NOWAKOWSKA Anna	1580		K30	1	00:40:20	01:16:13.35	01:16:15.75	+00:11:26 (15.0%)	5:04	11.8 (84.9%)
11	KACZAŁKO Michał	1519		M20	3	00:39:54	01:16:18.10	01:16:20.35	+00:11:30 (15.1%)	5:05	11.8 (84.9%)
12	MESSYASZ Krzysztof	1554	CHMURA TEAM	M40	5	00:39:49	01:17:15.15	01:17:17.25	+00:12:27 (16.1%)	5:09	11.7 (84.2%)
13	DUL Karolina	1408		K20	1	00:40:08	01:18:05.80	01:18:09.00	+00:13:19 (17.0%)	5:12	11.5 (82.7%)
14	BEDNARZ Krzysztof	1406	PRZEDWOJEWSKI TEAM	M40	6	00:39:46	01:18:44.15	01:18:46.25	+00:13:56 (17.7%)	5:14	11.4 (82.0%)
15	SKUZA Krzysztof	1474	KLINIKA URODY JOLANTA SKUZA LEGNICA	M40	7	00:41:52	01:19:37.45	01:19:39.30	+00:14:49 (18.6%)	5:18	11.3 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
16	SKRZYŃSKI Przemek	1493	MCH RUNNERS TEAM	M40	8	00:42:27	01:19:41.65	01:19:48.80	+00:14:59 (18.8%)	5:18	11.3 (81.3%)
17	MIŚTA Roman	1585		M50	1	00:40:36	01:19:51.90	01:19:56.25	+00:15:06 (18.9%)	5:19	11.3 (81.3%)
18	ZAMBRZYCKI Maciej	1605		M40	9	00:43:41	01:22:07.65	01:22:10.05	+00:17:20 (21.1%)	5:28	11 (79.1%)
19	FILIPKOWSKI Olaf	1599		M20	4	00:43:21	01:22:23.55	01:22:27.50	+00:17:37 (21.4%)	5:29	10.9 (78.4%)
20	CZECH Marcin	1431		M20	5	00:43:41	01:23:03.50	01:23:09.85	+00:18:20 (22.0%)	5:32	10.8 (77.7%)
21	OŚLAK Grzegorz	1581	FIZJOTONIKA - FIZJOTERAPIA I TRENING	M20	6	00:42:30	01:23:56.55	01:23:58.95	+00:19:09 (22.8%)	5:35	10.7 (77.0%)
22	OLEJNIK Tomasz	1405	EDI TEAM ZGORZELEC	M30	4	00:45:15	01:27:10.45	01:27:13.65	+00:22:23 (25.7%)	5:48	10.3 (74.1%)
23	DREWNIAK Mariusz	1412		M40	10	00:45:38	01:27:56.00	01:28:03.45	+00:23:13 (26.4%)	5:51	10.2 (73.4%)
24	WRZALIK Adrian	1593		M20	7	00:45:32	01:28:56.35	01:28:59.85	+00:24:10 (27.2%)	5:55	10.1 (72.7%)
25	BOBORYCKI Rafał	1571	MOCNA GRUPA CEZARA	M40	11	00:48:33	01:29:12.40	01:29:19.55	+00:24:29 (27.4%)	5:56	10.1 (72.7%)
26	JODŁOWSKI Marek	1614		M40	12	00:47:57	01:29:19.90	01:29:25.80	+00:24:36 (27.5%)	5:57	10.1 (72.7%)
27	BÓRKOWSKA Aleksandra	1604	MARATOŃCZYK POZNAŃ	K30	2	00:48:31	01:31:06.85	01:31:11.75	+00:26:22 (28.9%)	6:04	9.9 (71.2%)
28	PALMOWSKI Jan	1503		M30	5	00:49:48	01:31:29.95	01:31:38.05	+00:26:48 (29.3%)	6:05	9.8 (70.5%)
29	BÓRKOWSKI Mikołaj	1603	MARATOŃCZYK POZNAŃ	M40	13	00:49:21	01:32:39.50	01:32:44.75	+00:27:55 (30.1%)	6:10	9.7 (69.8%)
30	BORSUK Kamil	1432		M20	8	00:49:33	01:32:39.00	01:32:45.65	+00:27:55 (30.1%)	6:10	9.7 (69.8%)
31	MASTEJ Paweł	1497	AD GROUP	M40	14	00:49:22	01:33:20.70	01:33:28.75	+00:28:39 (30.6%)	6:13	9.6 (69.1%)
32	SYDOR Daniel	1634		M40	15	00:59:39	01:33:19.45	01:33:29.00	+00:28:39 (30.7%)	6:13	9.6 (69.1%)
33	JAWORSKA Iga	1619	#KUBAPIECHTEAM	K20	2	00:50:21	01:33:27.80	01:33:31.55	+00:28:41 (30.7%)	6:13	9.6 (69.1%)
34	ŻURAWSKI Mateusz	1595	KEBAB TEAM	M30	6	00:49:10	01:33:29.25	01:33:43.70	+00:28:53 (30.8%)	6:13	9.6 (69.1%)
35	REYNOLDS Kuba	1430		M20	9	00:50:21	01:33:33.95	01:33:44.30	+00:28:54 (30.8%)	6:14	9.6 (69.1%)
36	JAKUCZEK Rafał	1433	BIGLNE HIPKI	M20	10	00:49:56	01:34:14.65	01:34:24.80	+00:29:35 (31.3%)	6:16	9.6 (69.1%)
37	PINCIUREK Paulina	1409		K30	3	00:49:48	01:34:51.55	01:34:55.55	+00:30:05 (31.7%)	6:19	9.5 (68.3%)
38	MOMOT Sławomir	1410	SMAK RADOŚCI	M40	16	00:49:47	01:34:51.30	01:34:55.95	+00:30:06 (31.7%)	6:19	9.5 (68.3%)

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39	SORBIAN Paweł	1458		M40	17	00:49:33	01:35:08.30	01:35:12.05	+00:30:22 (31.9%)	6:20	9.5 (68.3%)
40	RYNIEWICZ Piotr	1468	ELITARNE SMUTASY	M30	7	00:50:58	01:35:36.70	01:35:58.65	+00:31:08 (32.5%)	6:22	9.4 (67.6%)
41	DROZD Michał	1588		M40	18	00:49:29	01:36:15.90	01:36:19.70	+00:31:29 (32.7%)	6:25	9.4 (67.6%)
42	BOGUCKI Arkadiusz	1536	OSP KOSTRZYN NAD ODRA	M30	8	00:49:43	01:36:11.80	01:36:26.80	+00:31:37 (32.8%)	6:24	9.4 (67.6%)
43	MISIURA Łukasz	1442		M30	9	00:51:21	01:36:24.40	01:36:32.75	+00:31:43 (32.9%)	6:25	9.3 (66.9%)
44	WAWRZYNIAK Robert	1565	#BIEGIEMWLAS	M40	19	00:51:57	01:36:38.55	01:37:03.00	+00:32:13 (33.2%)	6:26	9.3 (66.9%)
45	DORSZ Łukasz	1628		M40	20	00:49:11	01:37:08.40	01:37:13.35	+00:32:23 (33.3%)	6:28	9.3 (66.9%)
46	SZADKOWSKI Piotr	1625		M50	2	00:50:02	01:37:42.35	01:37:45.35	+00:32:55 (33.7%)	6:30	9.2 (66.2%)
47	MATYSIAK Karol	1545	TEAM-WLKP MOUNTAINS ULTRA	M50	3	00:52:17	01:37:58.10	01:38:11.55	+00:33:21 (34.0%)	6:31	9.2 (66.2%)
48	SUCHORSKA-PRZERWANEK Anna	1583	DTR BIEGA / MARIO TEAM	K40	1	00:51:04	01:38:10.70	01:38:13.90	+00:33:24 (34.0%)	6:32	9.2 (66.2%)
49	GLOGOWSKI Konrad	1480		M30	10	00:50:21	01:38:20.05	01:38:27.95	+00:33:38 (34.2%)	6:33	9.2 (66.2%)
50	WANDEL Piotr	1550	16 DBOT	M50	4	00:51:41	01:39:04.95	01:39:04.95	+00:34:15 (34.6%)	6:36	9.1 (65.5%)
51	MASTALARZ Przemysław	1602		M40	21	00:53:21	01:38:54.75	01:39:18.25	+00:34:28 (34.7%)	6:35	9.1 (65.5%)
52	SYCHOWSKI Dawid	1630		M40	22	00:50:46	01:39:28.65	01:39:31.95	+00:34:42 (34.9%)	6:37	9 (64.7%)
53	NIEWIADOMSKI Marek	1449	CROSS KRAPKOWICE/ SOBAS TEAM	M30	11	00:52:28	01:40:33.60	01:40:47.75	+00:35:58 (35.7%)	6:42	9 (64.7%)
54	SNIEGOCKI Paweł	1542	BIEGAJĄCE KREJZOLE/ 4T	M40	23	00:52:06	01:40:46.40	01:40:51.35	+00:36:01 (35.7%)	6:43	8.9 (64.0%)
55	SIBIŃSKI Marcin	1569	HTF	M50	5	00:53:26	01:40:50.15	01:41:08.75	+00:36:19 (35.9%)	6:43	8.9 (64.0%)
56	ZYSK Paweł	1528		M50	6	00:52:44	01:41:07.75	01:41:10.20	+00:36:20 (35.9%)	6:44	8.9 (64.0%)
57	ZEMLEDUCH Dorota	1488		K30	4	00:52:40	01:41:26.55	01:41:32.50	+00:36:42 (36.2%)	6:45	8.9 (64.0%)
58	GÓRSKI Julian	1608		M20	11	00:53:03	01:41:29.15	01:41:35.05	+00:36:45 (36.2%)	6:45	8.9 (64.0%)
59	MIKUŁAN Anna	1533		K30	5	00:54:41	01:42:36.80	01:42:48.15	+00:37:58 (36.9%)	6:50	8.8 (63.3%)
60	BOĆKO Ewa	1598	DTR BIEGA/MARIO TEAM	K40	2	00:54:24	01:43:01.65	01:43:21.80	+00:38:32 (37.3%)	6:52	8.7 (62.6%)
61	ŚLIWIŃSKI Krzysztof	1515		M40	24	00:56:20	01:43:48.90	01:44:11.35	+00:39:21 (37.8%)	6:55	8.7 (62.6%)

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62	TOMASIK Andrzej	1404		M50	7	00:54:19	01:44:30.40	01:44:44.15	+00:39:54 (38.1%)	6:58	8.6 (61.9%)
63	FRELICH Natalia	1495		K30	6	00:54:51	01:44:42.45	01:44:46.80	+00:39:57 (38.1%)	6:58	8.6 (61.9%)
64	SKALIK Sebastian	1469	ELITARNE SMUTASY	M30	12	00:55:13	01:44:24.85	01:44:47.40	+00:39:57 (38.1%)	6:57	8.6 (61.9%)
65	SZYMAŃSKI Michał	1592		M40	25	00:56:28	01:44:54.05	01:45:13.40	+00:40:23 (38.4%)	6:59	8.6 (61.9%)
66	STENCEL Andrzej	1508	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M40	26	00:54:46	01:44:51.80	01:45:15.05	+00:40:25 (38.4%)	6:59	8.6 (61.9%)
67	SŁOWIACZEK Marcin	1530		M30	13	00:54:20	01:45:05.75	01:45:17.30	+00:40:27 (38.4%)	7:00	8.6 (61.9%)
68	PAWŁOWSKI Wojciech	1548		M40	27	00:54:27	01:45:06.20	01:45:17.95	+00:40:28 (38.4%)	7:00	8.6 (61.9%)
69	STEFAŃSKA Malwina	1514		K30	7	00:56:44	01:45:08.00	01:45:34.15	+00:40:44 (38.6%)	7:00	8.6 (61.9%)
70	SAWICZ Arkadiusz	1597		M40	28	00:56:58	01:45:15.90	01:45:41.95	+00:40:52 (38.7%)	7:01	8.6 (61.9%)
71	PUSZKIEL Leszek	1623	GREEN TEAM	M60+	1	00:55:07	01:46:43.50	01:46:46.55	+00:41:56 (39.3%)	7:06	8.4 (60.4%)
72	SKRZYŃSKI Denis	1579		M20	12	00:56:48	01:46:39.35	01:46:46.75	+00:41:57 (39.3%)	7:06	8.4 (60.4%)
73	KLIMEK Piotr	1518		M40	29	00:54:56	01:47:17.65	01:47:26.30	+00:42:36 (39.7%)	7:09	8.4 (60.4%)
74	STACHOWSKI Arkadiusz	1492	QUAY POZNAŃ	M40	30	00:56:47	01:48:02.50	01:48:11.30	+00:43:21 (40.1%)	7:12	8.3 (59.7%)
75	MATUSEWICZ Oskar	1521		M20	13	00:55:31	01:48:24.65	01:48:40.00	+00:43:50 (40.3%)	7:13	8.3 (59.7%)
76	MATUSEWICZ Ireneusz	1520		M40	31	00:55:31	01:48:24.25	01:48:40.30	+00:43:50 (40.3%)	7:13	8.3 (59.7%)
77	ŚMICHURSKA Malwina	1567	FIZJOTERAPIA BIEGACZA	K30	8	00:57:44	01:48:30.40	01:48:42.15	+00:43:52 (40.4%)	7:14	8.3 (59.7%)
78	KOŁTOWSKI Piotr	1456	KARL STORZ POLSKA	M30	14	00:59:19	01:48:16.25	01:48:44.95	+00:43:55 (40.4%)	7:13	8.3 (59.7%)
79	NELKE Kamil	1483		M30	15	00:57:14	01:48:41.05	01:48:46.40	+00:43:56 (40.4%)	7:14	8.3 (59.7%)
80	CHROBAK Agnieszka	1563	FUNDACJALACZANASGORY	K20	3	00:55:22	01:49:09.70	01:49:15.25	+00:44:25 (40.7%)	7:16	8.2 (59.0%)
81	WIĘCKOWSKI Wiktor	1529		M30	16	00:58:15	01:49:30.00	01:49:40.95	+00:44:51 (40.9%)	7:18	8.2 (59.0%)
82	OŁOWSKI Cezary	1556	ZRYW.CC	M30	17	00:59:10	01:49:13.75	01:49:43.95	+00:44:54 (40.9%)	7:16	8.2 (59.0%)
83	KOKOTT Jacek	1562	ZRYW.CC	M20	14	00:59:14	01:49:14.60	01:49:45.15	+00:44:55 (40.9%)	7:16	8.2 (59.0%)
84	KOPACZEWSKI Igor	1561	ZRYW.CC	M20	15	00:59:13	01:49:16.05	01:49:46.15	+00:44:56 (40.9%)	7:17	8.2 (59.0%)

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85	MARCZAK Ola	1612	KB HARCOWNIK	K30	9	00:56:42	01:49:57.05	01:50:00.85	+00:45:11 (41.1%)	7:19	8.2 (59.0%)
86	WOJNAROWSKA Marcelina	1494		K30	10	00:59:46	01:49:50.85	01:50:02.40	+00:45:12 (41.1%)	7:19	8.2 (59.0%)
87	JUSIS Ewa	1475		K20	4	00:57:06	01:50:16.80	01:50:28.35	+00:45:38 (41.3%)	7:21	8.2 (59.0%)
88	STYCZEŃ Berenika	1525		K20	5	00:58:20	01:50:43.95	01:50:50.50	+00:46:00 (41.5%)	7:22	8.1 (58.3%)
89	MACKIEWICZ Karol	1535		M30	18	00:56:30	01:51:44.70	01:51:56.40	+00:47:06 (42.1%)	7:26	8.1 (58.3%)
90	GROCHOWSKA Magdalena	1454	KARL STORZ POLSKA	K30	11	01:00:49	01:51:28.30	01:51:57.75	+00:47:08 (42.1%)	7:25	8.1 (58.3%)
91	GOŁASZEWSKI Łukasz	1584	KARL STORZ POLSKA	M40	32	01:01:01	01:51:29.90	01:51:59.70	+00:47:09 (42.1%)	7:25	8.1 (58.3%)
92	ANDRZEJEWSKI Tomasz	1506		M30	19	00:57:39	01:51:59.05	01:52:08.95	+00:47:19 (42.2%)	7:27	8 (57.6%)
93	PAWLAK Gabriel	1402	EATSLY PL	M40	33	00:57:56	01:52:26.95	01:52:39.50	+00:47:49 (42.5%)	7:29	8 (57.6%)
94	KURPIEWSKA Milena	1566		K30	12	00:58:23	01:52:45.00	01:52:45.00	+00:47:55 (42.5%)	7:31	8 (57.6%)
95	CZEPIEL Natalia	1523		K30	13	00:59:46	01:53:03.80	01:53:19.05	+00:48:29 (42.8%)	7:32	8 (57.6%)
96	GRABARA Dorota	1434	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K30	14	00:58:50	01:53:33.30	01:53:45.35	+00:48:55 (43.0%)	7:34	7.9 (56.8%)
97	GUNDLACH-FOBER Rachel	1499		K20	6	01:01:19	01:53:24.60	01:53:49.15	+00:48:59 (43.0%)	7:33	7.9 (56.8%)
98	KUJAWA Szymon	1613	EKIPA REVIEGO	M20	16	00:59:23	01:53:57.10	01:54:04.20	+00:49:14 (43.2%)	7:35	7.9 (56.8%)
99	KUBIAK Andrzej	1609		M60+	2	00:57:45	01:54:12.85	01:54:19.95	+00:49:30 (43.3%)	7:36	7.9 (56.8%)
100	WALICKA Katarzyna	1470		K30	15	00:59:29	01:54:07.05	01:54:24.55	+00:49:34 (43.3%)	7:36	7.9 (56.8%)
101	GROCHOWSKA Agnieszka	1513		K50	1	00:59:29	01:54:13.60	01:54:28.85	+00:49:39 (43.4%)	7:36	7.9 (56.8%)
102	FORNALIK Wojciech	1557		M30	20	00:56:36	01:54:37.95	01:54:47.25	+00:49:57 (43.5%)	7:38	7.9 (56.8%)
103	BORAWSKI-REKS Szymon	1524		M40	34	01:00:03	01:54:46.55	01:54:57.20	+00:50:07 (43.6%)	7:39	7.8 (56.1%)
104	SENETRA Małgorzata	1635	ROCK BALANCIG ICE	K40	3	00:49:07	01:55:02.35	01:55:19.00	+00:50:29 (43.8%)	7:40	7.8 (56.1%)
105	CZESKA Karolina	1624	LAMPART TRENING	K30	16	01:00:19	01:55:18.60	01:55:26.85	+00:50:37 (43.8%)	7:41	7.8 (56.1%)
106	SOBKOWIAK Renata	1590	WALKA KOSTRZYN	K30	17	01:03:42	01:55:09.10	01:55:35.75	+00:50:46 (43.9%)	7:40	7.8 (56.1%)
107	HOFFA Michał	1491	HOFFA BOXING	M30	21	01:03:42	01:55:09.25	01:55:35.80	+00:50:46 (43.9%)	7:40	7.8 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
108	FILAR Tomasz	1455	KARL STORZ POLSKA	M50	8	01:03:48	01:55:39.65	01:56:06.95	+00:51:17 (44.2%)	7:42	7.8 (56.1%)
109	PRZEPIÓRA Sylwia	1451	BAND OF RUNNERS	K30	18	01:00:29	01:55:53.50	01:56:08.15	+00:51:18 (44.2%)	7:43	7.8 (56.1%)
110	STOIŃSKI Marcin	1452	BAND OF RUNNERS	M40	35	01:00:30	01:55:53.45	01:56:08.20	+00:51:18 (44.2%)	7:43	7.8 (56.1%)
111	DOMŻAŁ Marcin	1505		M40	36	01:00:09	01:56:01.90	01:56:09.65	+00:51:19 (44.2%)	7:44	7.8 (56.1%)
112	MICHALSKA Wioleta	1498		K40	4	01:00:08	01:56:06.15	01:56:13.80	+00:51:24 (44.2%)	7:44	7.8 (56.1%)
113	KRAUS Szymon	1575		M20	17	01:00:13	01:55:54.60	01:56:15.65	+00:51:25 (44.2%)	7:43	7.8 (56.1%)
114	BEM Gosia	1439	DT4YOU	K50	2	01:00:56	01:56:45.55	01:57:01.20	+00:52:11 (44.6%)	7:47	7.7 (55.4%)
115	ŚLEDZIK Sebastian	1438	DT4YOU	M50	9	01:00:59	01:56:46.45	01:57:01.75	+00:52:12 (44.6%)	7:47	7.7 (55.4%)
116	KIJEWSKA Aleksandra	1457	KARL STORZ POLSKA	K40	5	01:01:52	01:57:05.40	01:57:33.80	+00:52:44 (44.9%)	7:48	7.7 (55.4%)
117	POPIOŁEK Agnieszka	1501		K30	19	00:59:18	01:57:52.90	01:57:57.30	+00:53:07 (45.0%)	7:51	7.6 (54.7%)
118	DWORCZAK Tomasz	1465		M20	18	01:00:42	01:57:50.85	01:58:04.00	+00:53:14 (45.1%)	7:51	7.6 (54.7%)
119	PIECHOCKI Rafał	1638		M30	22	00:58:37	01:57:55.40	01:58:10.10	+00:53:20 (45.1%)	7:51	7.6 (54.7%)
120	SIŁAKOWSKI Marcin	1618		M40	37	00:59:56	01:58:15.95	01:58:19.55	+00:53:29 (45.2%)	7:53	7.6 (54.7%)
121	KAPUT Paweł	1591		M40	38	00:59:48	01:58:04.00	01:58:24.45	+00:53:34 (45.2%)	7:52	7.6 (54.7%)
122	PRZYSTUPA Michał	1616	BROWAR GWAREK	M30	23	01:02:14	01:58:03.55	01:58:31.00	+00:53:41 (45.3%)	7:52	7.6 (54.7%)
123	KRUK Aneta	1546		K40	6	01:02:17	01:58:39.00	01:58:49.45	+00:53:59 (45.4%)	7:54	7.6 (54.7%)
124	BEDNARZ Piotr	1541		M30	24	01:05:16	01:58:55.60	01:59:12.45	+00:54:22 (45.6%)	7:55	7.6 (54.7%)
125	OSSOWSKI Igor	1463		M20	19	01:04:49	01:59:16.30	01:59:25.00	+00:54:35 (45.7%)	7:57	7.5 (54.0%)
126	ŻYTNIK Szymon	1462		M20	20	01:04:52	01:59:18.30	01:59:26.20	+00:54:36 (45.7%)	7:57	7.5 (54.0%)
127	RĘBECKA Violetta	1516	BIEGAMDLAZDROWIA.PL	K50	3	01:01:36	01:59:15.70	01:59:27.15	+00:54:37 (45.7%)	7:57	7.5 (54.0%)
128	WYSZYŃSKA - HENDZELEK Kamila	1482		K30	20	01:02:52	01:59:16.20	01:59:30.20	+00:54:40 (45.8%)	7:57	7.5 (54.0%)
129	CIEŚLAK Marta	1537		K30	21	01:02:16	01:59:31.75	01:59:41.80	+00:54:52 (45.8%)	7:58	7.5 (54.0%)
130	ŚMIGIELSKA Małgorzata	1419		K30	22	01:03:37	01:59:23.30	01:59:47.15	+00:54:57 (45.9%)	7:57	7.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
131	DOLNY Maciej	1549		M40	39	01:01:55	01:59:44.60	01:59:57.10	+00:55:07 (46.0%)	7:58	7.5 (54.0%)
132	CYRSON Barbara	1427		K20	7	01:03:49	01:59:49.05	01:59:58.05	+00:55:08 (46.0%)	7:59	7.5 (54.0%)
133	KAPUT Piotr	1621	DTR BIEGA / MARIO TEAM	M40	40	01:01:49	01:59:56.00	02:00:16.65	+00:55:26 (46.1%)	7:59	7.5 (54.0%)
134	ADAMOWICZ Łukasz	1411		M40	41	01:00:46	02:00:28.40	02:00:37.55	+00:55:47 (46.3%)	8:01	7.5 (54.0%)
135	KRUCZKOWSKA Donata	1632		K30	23	01:02:42	02:00:31.85	02:00:40.95	+00:55:51 (46.3%)	8:02	7.5 (54.0%)
136	SZUMNA Ewa	1552		K30	24	01:03:06	02:01:15.70	02:01:28.50	+00:56:38 (46.6%)	8:05	7.4 (53.2%)
137	SANKOWSKA Krzysztofa	1574		K20	8	01:07:21	02:01:48.10	02:02:07.00	+00:57:17 (46.9%)	8:07	7.4 (53.2%)
138	KARPOWICZ Karolina	1460		K20	9	01:04:41	02:03:38.80	02:03:56.35	+00:59:06 (47.7%)	8:14	7.3 (52.5%)
139	KOŁEK Cezary	1414		M50	10	01:02:52	02:03:36.05	02:03:59.10	+00:59:09 (47.7%)	8:14	7.3 (52.5%)
140	KOWALSKI Damian	1568		M30	25	01:06:31	02:03:58.05	02:04:09.05	+00:59:19 (47.8%)	8:15	7.3 (52.5%)
141	CHATYS Michał	1611	ELITARNE SMUTASY	M30	26	01:02:09	02:04:39.65	02:05:04.65	+01:00:14 (48.2%)	8:18	7.2 (51.8%)
142	GORZELAK Mateusz	1477		M30	27	01:01:56	02:04:39.95	02:05:04.75	+01:00:15 (48.2%)	8:18	7.2 (51.8%)
143	WOJTKOWIAK Sylwia	1400		K30	25	01:04:45	02:05:06.90	02:05:20.20	+01:00:30 (48.3%)	8:20	7.2 (51.8%)
144	SKAŁECKI Grzegorz	1615	TGV CLUB KOŚCIAN	M40	42	01:04:45	02:05:06.70	02:05:20.25	+01:00:30 (48.3%)	8:20	7.2 (51.8%)
145	SHEVCHUK Julia	1504		K20	10	01:06:44	02:05:13.80	02:05:35.85	+01:00:46 (48.4%)	8:20	7.2 (51.8%)
146	SIMBORSKI Tomasz	1620		M20	21	00:56:21	02:05:43.60	02:05:50.05	+01:01:00 (48.5%)	8:22	7.2 (51.8%)
147	NOWICKA Anna	1510	NARAMOWICE BIEGAJĄ	K30	26	01:06:30	02:05:50.00	02:06:00.10	+01:01:10 (48.5%)	8:23	7.2 (51.8%)
148	OSIAL Anita	1484		K40	7	01:04:58	02:06:17.70	02:06:33.45	+01:01:43 (48.8%)	8:25	7.1 (51.1%)
149	POHL Arkadiusz	1403		M40	43	01:08:01	02:06:19.90	02:06:39.90	+01:01:50 (48.8%)	8:25	7.1 (51.1%)
150	MATERAK Mirosław	1582		M60+	3	01:05:03	02:06:33.65	02:06:42.15	+01:01:52 (48.8%)	8:26	7.1 (51.1%)
151	FRYC Dariusz	1553		M50	11	01:03:52	02:06:46.45	02:06:58.95	+01:02:09 (48.9%)	8:27	7.1 (51.1%)
152	PIOTROWICZ-ZBIERAJ Magda	1413		K30	27	01:06:20	02:06:59.25	02:07:12.85	+01:02:23 (49.0%)	8:27	7.1 (51.1%)
153	KOZŁOWSKI Bartłomiej	1424		M20	22	01:06:42	02:06:51.40	02:07:16.85	+01:02:27 (49.1%)	8:27	7.1 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
154	KRZESZEWSKI Krzysztof	1606		M40	44	01:05:46	02:07:03.25	02:07:25.95	+01:02:36 (49.1%)	8:28	7.1 (51.1%)
155	GÓRSKA Anna	1496		K40	8	01:04:25	02:07:23.70	02:07:30.20	+01:02:40 (49.2%)	8:29	7.1 (51.1%)
156	NARUSZEWICZ-KOPERTOWSKA Anna	1532		K30	28	01:08:41	02:07:36.85	02:07:49.70	+01:02:59 (49.3%)	8:30	7.1 (51.1%)
157	SPIGIEL Patrycja	1600	BLUMTEAM	K30	29	01:09:16	02:08:00.60	02:08:29.35	+01:03:39 (49.5%)	8:32	7 (50.4%)
158	KUJAWA Bartosz	1487		M40	45	01:08:50	02:08:59.55	02:09:14.90	+01:04:25 (49.8%)	8:35	7 (50.4%)
159	SNIEGOCKA Magdalena	1543	TARNOWSKIE TERMY TRIATHLON TEAM	K40	9	01:06:31	02:09:20.60	02:09:25.75	+01:04:36 (49.9%)	8:37	7 (50.4%)
160	BAJEWSKA Wioletta	1572	DTR BIEGA/MARIO TEAM	K40	10	01:09:36	02:09:40.70	02:10:00.55	+01:05:10 (50.1%)	8:38	6.9 (49.6%)
161	FRANCZAK Edyta	1573	DTR BIEGA / MARIO TEAM	K40	11	01:09:36	02:09:42.05	02:10:00.70	+01:05:10 (50.1%)	8:38	6.9 (49.6%)
162	ŻYTNIK Magdalena	1421		K20	11	01:07:42	02:10:01.40	02:10:19.50	+01:05:29 (50.3%)	8:40	6.9 (49.6%)
162	ŻYTNIK Piotr	1461		M50	12	01:07:43	02:10:01.50	02:10:19.50	+01:05:29 (50.3%)	8:40	6.9 (49.6%)
164	ŁACZNY Dawid	1422	VEGE RUNNERS	M20	23	01:09:44	02:10:30.05	02:10:55.75	+01:06:06 (50.5%)	8:42	6.9 (49.6%)
165	KRAJEWSKA-KŁODA Katarzyna	1617	DRUŻYNA SZPIKU	K50	4	01:08:55	02:10:42.70	02:11:10.85	+01:06:21 (50.6%)	8:42	6.9 (49.6%)
166	WELKIER Monika	1509		K50	5	01:08:45	02:10:55.50	02:11:13.80	+01:06:24 (50.6%)	8:43	6.9 (49.6%)
167	KWIETNIOWSKI Rafal	1428		M40	46	01:09:10	02:11:42.00	02:12:00.45	+01:07:10 (50.9%)	8:46	6.8 (48.9%)
168	KWIETNIOWSKA Edyta	1429		K40	12	01:09:11	02:11:45.25	02:12:04.05	+01:07:14 (50.9%)	8:47	6.8 (48.9%)
169	PREŃNICKI Michał	1479	DRUŻYNA STASIA	M40	47	01:08:51	02:11:46.05	02:12:07.80	+01:07:18 (50.9%)	8:47	6.8 (48.9%)
170	ŻYCIŃSKI Kacper	1445		M20	24	01:10:26	02:12:02.05	02:12:14.25	+01:07:24 (51.0%)	8:48	6.8 (48.9%)
171	KLIK Daniel	1417		M40	48	01:08:12	02:12:29.00	02:12:41.85	+01:07:52 (51.1%)	8:49	6.8 (48.9%)
172	GRZĄBA Magdalena	1467		K20	12	01:09:48	02:13:09.00	02:13:18.50	+01:08:28 (51.4%)	8:52	6.8 (48.9%)
173	SZUKALSKA-WALCZAK Ewa	1540	BIEGAJĄCE WALCZAKI	K40	13	01:10:43	02:13:00.35	02:13:18.95	+01:08:29 (51.4%)	8:52	6.8 (48.9%)
174	BIGORA Piotr	1472		M50	13	01:06:55	02:13:46.75	02:13:57.45	+01:09:07 (51.6%)	8:55	6.7 (48.2%)
175	ZDAŃSKA Urszula	1560	IKSY -XXXXX	K40	14	01:14:43	02:13:56.50	02:14:02.95	+01:09:13 (51.6%)	8:55	6.7 (48.2%)
176	PIWOWOŃSKA Dorota	1559	IKSY - XXXXX	K30	30	01:14:44	02:13:56.70	02:14:03.05	+01:09:13 (51.6%)	8:55	6.7 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
177	BARASIŃSKA Marta	1531		K40	15	01:11:46	02:14:17.20	02:14:34.05	+01:09:44 (51.8%)	8:57	6.7 (48.2%)
178	GRZELIŃSKA Malwina	1627		K30	31	01:10:52	02:15:12.15	02:15:17.95	+01:10:28 (52.1%)	9:00	6.7 (48.2%)
179	REMBOWSKA Natalia	1512	QUAY POZNAŃ	K40	16	01:09:53	02:15:10.65	02:15:20.50	+01:10:30 (52.1%)	9:00	6.7 (48.2%)
180	ROSOŁEK Elżbieta	1522	GREEN TEAM	K50	6	01:10:49	02:15:19.05	02:15:35.35	+01:10:45 (52.2%)	9:01	6.7 (48.2%)
181	GRECKI Zenon	1423	VEGE RUNNERS	M20	25	01:09:50	02:15:09.75	02:15:35.75	+01:10:46 (52.2%)	9:00	6.7 (48.2%)
182	ZIĘBA Tomasz	1534		M30	28	01:10:50	02:16:40.20	02:16:56.65	+01:12:06 (52.7%)	9:06	6.6 (47.5%)
183	KOZŁOWSKA Aleksandra	1416		K40	17	01:10:01	02:16:58.35	02:17:08.10	+01:12:18 (52.7%)	9:07	6.6 (47.5%)
184	FIEDLER -CYRSON Agata	1426	KOBIETY BIEGAJĄ	K50	7	01:10:07	02:17:31.20	02:17:40.65	+01:12:50 (52.9%)	9:10	6.5 (46.8%)
185	MICHNIEWICZ Paweł	1481		M30	29	01:09:20	02:17:44.45	02:18:07.95	+01:13:18 (53.1%)	9:10	6.5 (46.8%)
186	WIRA Barbara	1401		K40	18	01:12:12	02:19:01.25	02:19:20.65	+01:14:30 (53.5%)	9:16	6.5 (46.8%)
187	PRYSZCZEWSKA Katarzyna	1594		K50	8	01:12:11	02:19:02.45	02:19:22.30	+01:14:32 (53.5%)	9:16	6.5 (46.8%)
188	WYCZLING Julia	1564		K20	13	01:15:02	02:19:44.70	02:20:06.35	+01:15:16 (53.7%)	9:18	6.4 (46.0%)
189	HAGEL Julita	1577		K40	19	01:11:41	02:20:12.15	02:20:16.40	+01:15:26 (53.8%)	9:20	6.4 (46.0%)
190	MAZUR Wiktor	1466		M30	30	01:14:25	02:20:22.70	02:20:50.45	+01:16:00 (54.0%)	9:21	6.4 (46.0%)
191	SZCZEPAŃSKA Dorota	1448		K30	32	01:10:14	02:22:18.50	02:22:24.30	+01:17:34 (54.5%)	9:29	6.3 (45.3%)
192	RADZIEJOWSKI Bogusław	1570	NORDIC TEAM CZĘSTOCHOWA	M60+	4	01:15:22	02:22:40.70	02:22:55.00	+01:18:05 (54.6%)	9:30	6.3 (45.3%)
193	KOSIOR Szymon	1435	HTF LUDWIK SIKORSKI	M20	26	01:12:11	02:23:33.65	02:23:51.45	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
194	SIKORSKI Ludwik	1437	HTF LUDWIK SIKORSKI	M40	49	01:12:06	02:23:34.25	02:23:51.50	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
195	MARCINIAK Robert	1446	HTF LUDWIK SIKORSKI	M30	31	01:12:05	02:23:31.15	02:23:51.55	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
195	GRABICKI Rafał	1444	HTF LUDWIK SIKORSKI	M30	31	01:12:05	02:23:31.70	02:23:51.55	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
197	OSOWSKA Joanna	1440	HTF LUDWIK SIKORSKI	K30	33	01:12:06	02:23:35.20	02:23:51.65	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
197	STĘPNIOWSKI Michał	1436		M30	33	01:12:03	02:23:32.45	02:23:51.65	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
199	WRÓBLEWSKA Anna	1578		K30	34	01:13:04	02:25:29.25	02:25:46.75	+01:20:57 (55.5%)	9:41	6.2 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
200	BOROWIEC Tomasz	1418		M40	50	01:13:05	02:25:29.40	02:25:46.80	+01:20:57 (55.5%)	9:41	6.2 (44.6%)
201	NYZIO Monika	1407		K30	35	01:15:19	02:25:34.40	02:25:58.00	+01:21:08 (55.6%)	9:42	6.2 (44.6%)
202	MACIEJEWSKA Aldona	1547		K40	20	01:16:25	02:27:34.95	02:27:55.70	+01:23:05 (56.2%)	9:50	6.1 (43.9%)
203	KOBYŁKA Małgorzata	1576	SUPERMARATON KALISZ	K50	9	01:16:25	02:27:34.70	02:27:55.85	+01:23:06 (56.2%)	9:50	6.1 (43.9%)
204	KOZLOWSKA Aldona	1610		K40	21	01:17:06	02:28:51.50	02:28:58.35	+01:24:08 (56.5%)	9:55	6 (43.2%)
205	ŻYGADŁO Julian	1489		M40	51	01:13:07	02:29:02.70	02:29:07.85	+01:24:18 (56.5%)	9:56	6 (43.2%)
206	ŻYWIECKA Marta	1485		K30	36	01:13:08	02:29:07.55	02:29:11.85	+01:24:22 (56.5%)	9:56	6 (43.2%)
207	TYL Anna	1441		K40	22	01:16:40	02:30:36.40	02:31:02.00	+01:26:12 (57.1%)	10:02	6 (43.2%)
208	KOZANECKI Adam	1478		M50	14	01:16:39	02:33:52.55	02:34:13.70	+01:29:23 (58.0%)	10:15	5.8 (41.7%)
209	REK Katarzyna	1607	RADLINIOKI W BIEGU	K40	23	01:19:00	02:35:29.65	02:35:44.55	+01:30:54 (58.4%)	10:21	5.8 (41.7%)
210	KUCHARSKA Kamila	1544	BIEGAM BO MI ROBERT KARZE	K40	24	01:16:42	02:39:06.25	02:39:32.30	+01:34:42 (59.4%)	10:36	5.7 (41.0%)
211	WINIARCZYK Iwona	1539	KORNELCIA TEAM	K40	25	01:23:12	02:41:25.35	02:41:31.00	+01:36:41 (59.9%)	10:45	5.6 (40.3%)
212	JABŁKO Agata	1415		K40	26	01:23:01	02:44:10.35	02:44:17.95	+01:39:28 (60.5%)	10:56	5.5 (39.6%)
	GIGOŃ Barbara	1633	ROCK BALANCING ICE	K50		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 213 wynik(ów)